



Challenge
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Hot Topics

Steps towards good health

Let's learn something about the campaign and play some games.



Dr. Lo Wing-lok introduces the campaign.

SUFFICIENT physical exercise is good for your health. What exercise is simple and easy? Walking is a good one!

Healthy 8,000 steps

HEALTHY 8,000 Steps Campaign was first promoted by the Hong Kong Medical Association in 2003. It suggests people to walk 8,000 steps a day to maintain regular physical activity. It is easy to do.

Just walk in steps slightly larger than casual **strolling**. Keep your upper body upright. Then, **swing** your arms **leisurely** and let your **breathing** take its own course. Keep your focus and increase your speed and **pace** as your body tunes in after warming up. For an adult weighing 60Kg, it would probably take 30-40 minutes to walk 8,000 steps and burn about 150-200 **calories** in the process.

Q1 Reading

WE can count our steps with this counter in the picture. What is the reading on this counter?



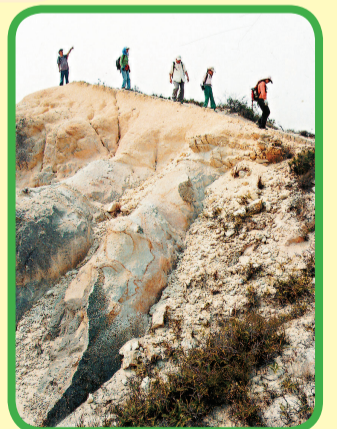
Q2 Advantages

WHAT are the benefits of doing physical exercise?

- A** Lowers the risks of high blood pressure and **diabetes**.
- B** Reduces the risk of **premature** death.
- C** Maintains optimal body weight and makes one feel good.
- D** All of the above.

Q3 Alternative

THERE is an activity similar to walking. It allows participants to enjoy fresh air in the countryside. What is it? Rearrange the letters below to get the answer.



K I H
N G I

Useful link

Healthy 8,000 Steps Award Scheme
<http://www.hkma.org/latestnews/8000steps/phase2/index-e.htm>

Answers: Q1. 8,000; Q2. D; Q3. hiking

Vocabulary

stroll (v) 緩步走
swing (v) 擺動

leisurely (adv) 慢慢地
breathing (n) 呼吸

pace (n) 步速
calorie (n) 卡路里

diabetes (n) 糖尿病
premature (adj) 過早的